

THE MONTHLY DOSE



For us. By us.

Injeeeect..



JANUARY 2026

VOLUME 87



Core Mandates:

Quality Assurance Services

Supply Chain for HPTs

Health Systems Strengthening

Inside This Issue:

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- ◆ The Sports Arena

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MEDS @ 40!

By Daniel Mumo

Rooted in Purpose, Growing in impact.

40 YEARS AGO, A Decision was made....



.....**Not the kind** that announces itself, but the kind that takes root. A decision to commit. To build with patience and to believe that consistency over time becomes legacy. The years that followed did not move gently. Landscapes shifted and needs evolved. The nation found its stride, stumbled, stood again, and through it all, the work continued. Like many Kenyan journeys, the path was not straight. It curved and stretched. It demanded resilience, innovation, and faith in progress that could not always be seen at first glance. Yet step by step, milestone by milestone, something enduring was formed, shaped by people who showed up, solved problems, and chose purpose over convenience. These forty years are not just counted in time, but in impact. In systems strengthened. In quality assured. In consistent supply of health products and technologies. In trust earned. In communities served. Each chapter is a reminder that real growth is built steadily, through learning, adaptation, and an unwavering commitment to service. Here, we highlight some key milestones that marked the moments that shaped our journey, building MEDS into the organization it is today.

MEDS @ 40!

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1. 1986, MEDS is born

MEDS was started through the ecumenical spirit and partnership of the Christian churches in Kenya. A gap had been created by the Government's reduced financial support to the mission and faith-based facilities. The essence of this partnership was to set up a centralized place for medicine supply chain and build capacity in the healthcare workers of the faith-based facilities, complementing the supply chain objective. MEDS started its operations in a small room in Ruaraka (Nairobi), September 1986 with 4 members of staff. For a decade, Sister Joan Devanne (pictured), A Medical Missionary Sister steered MEDS beginnings and growth as the first managing director and Chief Executive Officer.



2. 1992-Premises on Enterprise Road purchased with Donor support

With increasing scope of operations, MEDS moved into new premises along Enterprise Road in Industrial Area.



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3. 1996-Revolving Drug Fund 100% self-sustaining

MEDS' operations were mainly supported by Donor funds, for instance, Government of Netherlands, Memisa Medicus Muindi and the Swedish National Drugs Corporation, among others(Source, MEDS newsletters for 25 and 28 years of service). This support coupled with clientele growth led to the cessation of donor funding for MEDS operations, and we registered our own trademark.



4. 1997-Quality Control Laboratory Set Up.

Behind every medicine we deliver is a story of precision, care, and science at work. Our Quality Control Lab was where excellence met accountability: inspecting, testing, and verifying every product to ensure safety and efficacy. Forty years strong, this is where our promise to the public began: rigorous standards, meticulous checks, and unwavering commitment to quality. Here, science safeguards trust.



MEDS @ 40!

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4. 2005-Total Sustainability in all aspects of operation

MEDS activities became self-funded and self-sustaining. Our revenues fueled our activities by reducing dependency on donors. MEDS had also been registered as a trust under the “Perpetual Succession Act” cap 164 of the laws of Kenya. This status enabled us to proceed in a robust legal status and establish vital partnerships.

5. 2009-Quality Control Laboratory pre-qualified by World Health Organization (WHO)



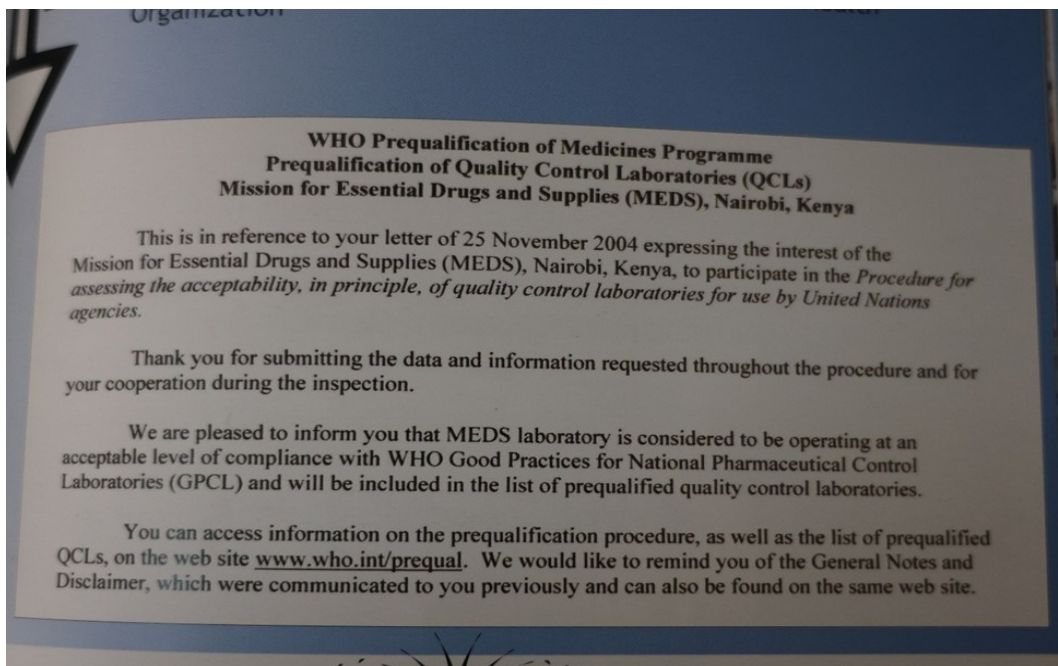
After a thorough assessment by the WHO, MEDS was considered to be operating at an acceptable level of compliance with WHO Good practices for National Pharmaceutical Control Laboratories (GPCL) and got pre-qualified (currently we're the only prequalified ones from the private sector in Kenya..*na haturingi bytha, ni bidii na God jo.*



The official launch of the prequalified laboratory by the Minister for Medical Services Prof. Peter Anyang' Nyong'o, on 25th May 2009.

MEDS @ 40!

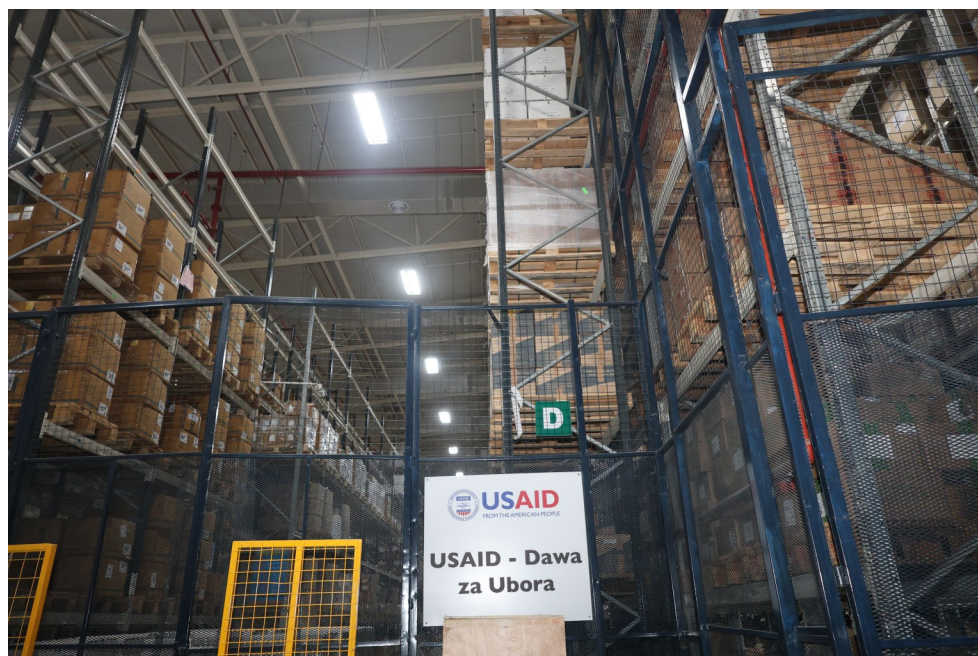
By Daniel Mumo



6. 2010-Successful completion of USAID USD 100 Million, 5-year contract of supply of HIV/AIDS.



In 2001, MEDS became the first Christian organization to import ARVs into Kenya. 2010 was just an icing on our cake of service to humanity. One key merit of this engagement was a reliable and affordable supply of ARVs as a public health Intervention.



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7. 2011-Relocation to state-of-the-art premises on Mombasa Road.

We relocated to an ultra-modern MEDS Centre along Mombasa Road, showcasing the organization's immense growth. Our new "Canaan" had the green building technology, expansive work spaces and top-notch pharmaceutical warehousing installations. Some highlights of the celebrations are shared below:



Yoh, Armstrong, kebu tupack mbiombio jo, Canaan inatuchill!!



Tunajitoa kama Israelites tu. Shangwe na kuchachisha ni must.

MEDS @ 40!

By Daniel Mumo



The only difference ni hatuhitaji kusplit Red sea, Barabara ziko bie. Tuko almost kufika



Tukafika Canaan.

MEDS @ 40!

By Daniel Mumo



MD Manyuru akasema kebu tupige lap roundi moja hivi tukipiga nduru, ki-Joshua pale Jericho. Mbogi ikafuata instructions vila inafaa.



Design Hr na huyu boyz, wameiva kublow hii kitu, time God atacome tena, Angels wakilipua tarumbeta, watakuwa wanasema “that sounds familiar”. Happiness ya kufika Cannan. Cheki vile Gladys ako miondoko jo.

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Dr. Nandama na Dr. Jane Masiga wakimedi.”Wah, Hii food ya Canaan ni tamu, siku moja tuwawahi “Manyuru” hii place jo. ” And finally ilihap-pen. Manyuru alienda akawaachia baraka design ya Moses na Joshua. Waweru bado amefocus juu hajaonja hio maziwa na food.

2012-MEDS receives ISO 9001-2008 certification.

As confirmation of its commitment to providing reliable, quality and affordable services, MEDS was ISO 9001:2008 certified. The certification elevated our status as a World Class Faith-based Medical Supply chain and Capacity building organization.

Growth of MEDS and MEDS clientele

MEDS is leveling up. From serving church health facilities to reaching thousands worldwide: faith-based, Counties, NGOs, community, public, and private health centers alike. Our pride? ‘Last mile delivery’ that ensures even the most remote regions access quality health products and technologies. Powered by decades of experience, deep expertise, and an unmatched geographical reach, MEDS is the trusted partner driving health solutions to every corner of the globe.

MEDS @ 40!

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The Next Chapter

Today, we stand at a threshold. Grateful for the road behind us. Clear-eyed about the work ahead. The past has given us wisdom, the present calls for excellence, and the future asks for courage. This anniversary is not a pause; it is a pivot. A moment to honor what has been built, and to recommit building even better. The story is still unfolding. We step forward with the same resolve that started it all, ready for the next forty! A revamped Mission and Vision for our organization are:

Mission: To provide access to quality health products and technologies through supply chain, quality assurance and health systems strengthening services.

Vision: A faith-based organization transforming lives globally with innovative and adaptive health solutions.

Due to the versatile nature of our readers, here are some meanings of the new slang words used:

Mbogi– a group of people mainly aligned to a common course, e.g friendships, employees, etc.

Wakimedi– fantasize, meditate about something, dream about..

Miondoko– dance moves

Bie– nice or perfect

By Dr. Samuel
Were

THE Heating, Ventilation, and Air Condition (HVAC) SYSTEM

The successful installation of our new HVAC system represents a powerful step forward for the warehouse, delivering consistent climate control and smarter energy use across the space. What began as a detailed planning effort quickly evolved into a well-coordinated, milestone-driven execution—from site evaluations and system layout to installation, testing, and final commissioning. Dr. Samuel Were shares with us this incredible journey, highlighting the key phases and achievements that brought the system fully online and ready to perform.

MEDS embarked on the project for installation of HVAC in the main warehouse to serve the following purposes:

- * Business case for diversification into warehousing services especially for ambient temperature-controlled (below 25 degrees) products e.g. ARV as a source of revenue.
- * Compliance purposes to enable closure of existing external audit CAPAs.
- * Warehouse upgrade to meet controlled ambient environmental conditions in line with GDSP guidelines.
- * Environmental dust control.

The HVAC installation project is currently in progress. Installation works are phased out in line with number of systems. Attached is the progress report as at week 41 out 52.

Completed activities include:

- ◆ Decommissioning of the existing 22No. Evaporative Cooler units & the associated builders works – 100%.
- ◆ Internal duct installation works – 100%.
- ◆ Construction of Plinths for VRF Outdoor Units – 100%
- ◆ Delivery of Supply & Return grills to site – 100%
- ◆ Delivery of Air-curtains to site – 100%
- ◆ Delivery of Volume Control Dampers to site – 100%

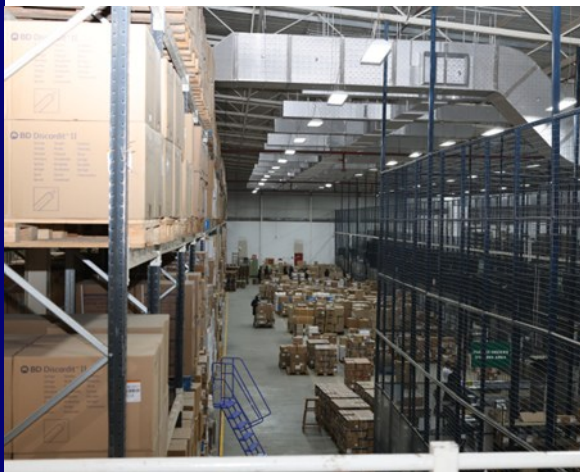
THE Heating, Ventilation, and Air Condition (HVAC) SYSTEM

By Dr. Samuel
Were

- ◆ Delivery of fire dampers to site – 100%
- ◆ Delivery of Toshiba VRF Outdoor units to site – 100%
- ◆ Delivery of LV Switch boards to site – 100%
- ◆ Duct Smoke Test – 100%
- ◆ Jet grills installation works – 100%
- ◆ Volume Control dampers installation works – 100%
- ◆ Termination of LV Boards & Power Upgrade by KPLC

Ongoing activities include:

- ⇒ External duct installation
- ⇒ Installation of refrigerant pipes and accessories to site
- ⇒ Installation of power Distribution Boards & Control panels to site
- ⇒ Main HVAC Systems Powering, Configuration, Testing & Balancing
- ⇒ Mounting of air curtains



THE Heating, Ventilation, and Air Condition (HVAC) SYSTEM

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Photos of HVAC project in progress in the warehouse.



VRF outdoor units being delivered & electrical cable layout respectively.

Factory Inspection Tour - Thailand and Malaysia

The key components of the HVAC system, i.e., Air Handling Units (AHUs) and Variable Refrigerant Flow (VRFs) will be imported from Carrier and Toshiba Air Conditioning manufacturing sites in Malaysia and Thailand respectively. The project is being supervised by a Consulting Engineer (Servcon Associates Ltd) and implemented by a contractor (Raerex E.A Ltd).

A team of MEDS staff comprising Mr. Michael Mwangi (Head of Finance & Investment department), Dr Samuel Were (Warehouse & Logistics Manager) and Dr Joseph Muriu (Quality Assurance Manager) accompanied the consulting engineer and contractor for a factory acceptance testing of the AHUs and VRFs in Malaysia and Thailand from 17th to 28th September 2025.

THE Heating, Ventilation, and Air Condition (HVAC) SYSTEM

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MEDS team with contractors for HVAC system at Carrier Air Conditioning in Thailand.

Air Handling Units (AHUs) and VRFs Inspection

1. Air Handling Units (AHUs)

The team visited Carrier (Malaysia) Sdn. Bhd. (HQ) located in Selangor Malaysia on 23rd September 2025 to conduct Factory Acceptance Testing (FAT) for the AHUs. During the opening meeting it was reported that the AHUs had been manufactured and packed ready for shipping. The factory does not conduct FAT for complete set of AHUs. However, with prior arrangement and at an additional cost of approximately 23,000 Malaysia Ringgit (KES 700,000), the Malaysian Carrier factory can only test for one parameter i.e., air-flow testing. Quality was assured through the materials and standardized process as opposed to testing the finished product. The key components were reported to be Eurovent approved and therefore reliable. CE marking was reported as not applicable for the AHUs.

The team was given the option of inspecting the units against specifications. It was reported that the units had cooling capacity of 224kW (7 units model number 39CQM 1525) and 134kW (1 unit model number 39CQM 1421). One unit of 39CQM 1525 was sampled for inspection guided by the factory guide.

THE Heating, Ventilation, and Air Con- dition (HVAC) SYSTEM

The unit met most of the specifications listed in the Bills of Quantity (BoQ) used during the tendering process. In summary, the unit was Eurovent certified, with cooling capacity 224kW, airflow velocity pressure of 7.5m³ at 300pa of horizontal orientation with an injected polyurethane double skin casing of 50mm thickness.

The unit was reported as suitable for outdoor use and compatible with Building Management System (BMS). It has two stage filter section with filters. The manufacturers' technical reports for the two sizes of AHUs were provided as part of the Request for Approval of the materials as well during the factory visit.

The contract shared the following records after the factory visit

- a. Catalogue
- b. Eurovent Certificate
- c. Installation manual

The Manufacturer indicated that specific functional simulation tests are done on request and at a price. This is necessitated by the need to assemble a simulated system with desired specifications. The manufacturer also indicated that the result would vary since conditions in Malaysia and Kenya are different. The desired test for the equipment is after installations at MEDS. The equipment has a one-year warranty through the Contractor.

Variable Refrigerant Flow (VRFs)

The team visited Carrier Air Conditioning (Thailand) Co Ltd on the 26th September 2025 to conduct Factory Acceptance Testing for the Variable Refrigerant Flow (VRFs). At the time of the factory visit, the VRFs had already been shipped to Kenya. The team was taken through the manufacturing process for the standard VRFs. The factory also conducts quality control tests for the finished product.

The VRFs for MEDS were cooling only (no heating capability) and this was explained as the reason why they could not be Eurovent certified which are normally meant for Europe. Modular combination was used to match the capacity of the AHUs i.e., ≈ 224 kW (2×67 kW + 56 kW + 33.5 kW) and ≈ 134 (2×67 kW).

By Dr. Samuel
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THE Heating, Ventilation, and Air Con- dition (HVAC) SYSTEM



MEDS team with contractors for HVAC system at Carrier Air Conditioning in Malaysia.

Progress pictures to functionality.



THE Heating, Ventilation, and Air Con- dition (HVAC) SYSTEM

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THE Heating, Ventilation, and Air Condition (HVAC) SYSTEM

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With the HVAC system fully operational, the warehouse is now primed for long-term, climate-controlled storage, creating the right conditions to safely support critical inventory such as ARVs.



THE SPORTS ARENA

By Daniel Mumo

Pool games

Another season is loading. The table is set and the cues are chalked. competition is officially in the air. With the previous competition's runners up, Kevin Musyoki and Psn. 4, Kipkoech Ngetich already warming up and lining up their shots, the atmosphere is tightening as the first break approaches. Champee Juma anasema anapea ma-amateurs time wain kwanza hana pressure. It's almost time to rack 'em up, call the shots, and let the games begin.



THE SPORTS ARENA

By Daniel Mumo

CARD games (Poker)

The cards are in the air and the table is officially open. We're excited to introduce poker card games to the sports arena, adding a new layer of strategy, focus, and friendly competition to our lineup. From the first shuffle to the final showdown, it's time to ante up, read the table, and play your hand, because the game is on.



THE SPORTS ARENA

By Daniel Mumo



A call to y'all and our great Games Spokesperson, Mr Charles. Lets revive this games. Darts and table-tennis.



THE HUMAN RESOURCE UPDATES

By Joyce Khamasi

Staff Entries:

Carolyne Muhavi

Staff Exits:

Catherine Wanjiku Kariuki

Kelvin Kipkemboi Bett

Birthdays:

1. Anthony Brunal Khumba
2. Hillary Kipkoech Ng'eno
3. Catherine Judith Aoko
4. Michael Mule Mwini
5. Ndemo Kerina
6. Jacob Lukibisi Walioli
7. Joyce Chepngetich Kosgey
8. Eunice Munnie Kanyolo
9. Evans Olukubau Oswama
10. Daniel Siu Wanyonyi
11. Bruce Waringa Midiwo
12. Josephine Naanyu Sirayo
13. Margaret Gathigia Bulugosi
14. Gerald Kimathi Mutonga
15. Joseph Karinge Muriu
16. Charles Ombodo Kamadi
17. Raphael Katele Kasembi
18. Mercy Chepkemoi Odhiambo
19. Christopher Kurere
20. Leonard Mukua
21. Sharonlize Juma
22. Johnson Charanah
23. Kevins Gikuru
24. Geoffrey Makori
25. Ayub Murungi Kinyua
26. Cynthia Ominde
27. Robert Mutua Wambua
28. Edna Makena
29. Janet Ong'era
30. Shirley Kuya
31. Alex Kinoti Kiruja

THE HUMAN RESOURCE UPDATES

By Joyce Khamasi

New Borns:

Baby Prince James Njeru, son to Teresia Muthoni Kinyanjui

Baby Dahlia Nyaboke Amenity, daughter to Duncan Amenity Onyancha

Bouncing Baby Boy – son to Mercy Chepkemio Odhiambo

Training:

None

There's a lot to celebrate around here! Happy birthday to our teammates adding another candle to the cake, huge congratulations to our proud new parents welcoming little bundles of joy, and an extra-big welcome to our newest team member, we're excited to have you on board. Here's to celebrating milestones, memories, and new beginnings together!

CONCLUSION

By Daniel Mumo

And just like that, we close another chapter, but this is far from the finish line. These pages are more than updates; they are sparks, conversations in motion, and stories that carry weight. If something here made you pause, nod, or chuckle, then we hit the mark. Same energy, bigger ambition, louder impact. Welcome to 2026, the year we celebrate 40 remarkable years of growth, excellence, and legacy. Because as they say, life truly begins at 40.

Now, the stage is yours. What grabbed your attention this month? Which moment made you smile, think twice, or whisper “you’ve got to see this”? What insight, photo, or idea do you want more of in the next Dose?

Share it. Every laugh, every bold idea, every spark of brilliance. It fuels the momentum of this collective story. This Dose thrives because of your voice, your energy, and your courage to contribute.

Our emails: bitindi@meds.or.ke/dmumo@meds.or.ke

As we step into this milestone year, let’s lean into our best; our passion, our purpose, and our commitment to go further. Let’s make the next 40 years not just a continuation, but a bold leap into bigger impact, stronger service, and greater excellence.